AMENDMENTS TO THE CLAIMS

The claims in this listing will replace all prior versions, and listings, of claims in the application.

LISTING OF CLAIMS

- 1. (Previously Presented) An insert-nut for use with a carrier of a car, the insert-nut comprising a polygonal shape defined by a plurality of sidewalls and at least one circumferentially extending groove that is provided along a longitudinal dimension of the insert-nut, the plurality of sidewalls of the insert-nut being configured to provide a plurality of gaps between the sidewalls of the insert-nut and a surface of an installation hole of the carrier, the plurality of gaps extending circumferentially about a periphery of the insert-nut and along an entire length of the insert-nut, whereby plastic is injectable into the plurality of gaps and into the at least one groove to secure the insert-nut to the carrier.
- 2. (Previously Presented) The insert-nut according to claim 1, wherein the polygonal shape comprises a hexagon.
- 3. (Previously Presented) The insert-nut according to claim 1, wherein the polygonal shape comprises a pentagon.
- 4. (Previously Presented) The insert-nut according to claim 1, wherein the longitudinal dimension of the insert-nut corresponds to a thickness of the carrier.

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- 5. (Previously Presented) The insert-nut according to claim 1, wherein a shape of the at least one groove is circular.
- 6. (Previously Presented) The insert-nut according to claim 1, wherein a shape of the at least one groove is polygonal.
- 7. (Previously Presented) The insert-nut according to claim 1, wherein the at least one groove comprises a plurality of grooves spaced along the longitudinal dimension of the insert-nut.
- 8. (Previously Presented) A method for securing an insert-nut within an insert hole, said method comprising:

mounting the insert-nut into the insert hole, wherein the insert-nut comprises a polygonal shape defined by a plurality of sidewalls of the insert-nut with at least one circumferentially extending groove provided along a longitudinal dimension of the insert-nut, a plurality of gaps being provided between the sidewalls of the insert-nut and a surface of the insert hole, the plurality of gaps extending circumferentially about a periphery of the insert-nut and along an entire length of the insert-nut; and

injecting plastic into the plurality of gaps and into the at least one groove of the insert-nut.

9. (Previously Presented) The method according to claim 8, wherein the polygonal shape comprises a pentagon.

- 10. (Previously Presented) The method according to claim 8, wherein the polygonal shape comprises a hexagon.
- 11. (Currently Amended) The method according to claim 8, further comprising forming wherein a longitudinal dimension of the insert-nut is formed to correspond to a thickness of a carrier within which the insert-hole is defined.
- 12. (Previously Presented) The method according to claim 8, wherein a shape of the at least one groove is circular.
- 13. (Previously Presented) The method according to claim 8, wherein a shape of the at least one groove is polygonal.
- 14. (Previously Presented) The method according to claim 8, wherein the at least one groove comprises a plurality of grooves spaced along the longitudinal dimension of the insert-nut.
- 15. (Previously Presented) The insert-nut according to claim 1, wherein each gap of the plurality of gaps is of uniform size and provides an inlet port for plastic injection.

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- 16. (Previously Presented) The insert-nut according to claim 1, wherein the polygonal shape is sized to be substantially inscribed in the installation hole of the carrier.
- 17. (Previously Presented) The insert-nut according to claim 1, wherein each gap of the plurality of gaps is defined by adjacent vertices of the polygonal shape and a segment of the installation hole between the adjacent vertices.
- 18. (Previously Presented) The method according to claim 8, wherein each gap of the plurality of gaps is of uniform size and provides an inlet port for plastic injection.
- 19. (Previously Presented) The method according to claim 8, wherein the polygonal shape is sized to be substantially inscribed in the installation hole of the carrier.
- 20. (Previously Presented) The method according to claim 8, wherein each gap of the plurality of gaps is defined by adjacent vertices of the polygonal shape and a segment of the installation hole between the adjacent vertices.
- 21. (New) The insert-nut according to claim 1, wherein the polygonal shape is substantially defined along the entire length of the insert-nut.

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- 22. (New) The insert-nut according to claim 21, wherein the polygonal shape is uniformly sized throughout the length of the insert-nut.
- 23. (New) The method according to claim 8, wherein the polygonal shape is substantially defined along the entire length of the insert-nut.
- 24. (New) The method according to claim 23, wherein the polygonal shape is uniformly sized throughout the length of the insert-nut.